Girls Basketball Camp

Murray High School is offering a Girls Basketball Camp for girls in grades 3-12. This camp is taught by Issac Beh, Head Coach at Murray High and his staff. This is a must camp to improve your skills. All campers will receive a basketball and T-shirt.

Dates: June 14, 15, 16 Place: Murray High School

Cost: \$35 Residents, \$45 Non-residents

Grades: 3-12

Times: 3-7 Grades 10:00 am-11:45 am

8-12 Grades 12:00-2:00 pm

Register: Murray Parks and Recreation In

What you can expect to learn at the camp: **Ball Handling Proper Shooting Techniques**

Triple Threat Go to Moves

Defensive Stance and Footwork

Team Help Defense Box and Rebound

Camp awards will be given for: Most Improved Hustle One On One Shooter







RECREATION

Boys Baseball Camp

Murray High School is offering a Boys Baseball Camp for boys in grades 3-7. This camp is taught by Jake Shewmake, Head Coach at Murray High and his staff. This is a must camp to improve your skills. All campers will receive a baseball and t-shirt.

Dates: June 7. 8. 9. 10. 11

Place: **Grant Park (Little League Diamonds)** \$55 Residents, \$65 non residents Cost:

Grades: 3-7 (Grade going into) Times: 9:00 am to 12:00 pm

Register: Murray Parks and Recreation In Murray Park

What you can expect to learn at the camp:

Proper warm-up technique Camp awards will be given for:

Proper long toss technique **Hardest Worker** Fielding groundballs Rest Infielder Fielding flyballs **Best Outfielder** Hitting techniques **Best Hitter** Appreciation for hard work Most Improved And competition Most Fierce Competitor

Have lots of fun

Boys Basketball Camp

Murray High School is offering a Boys Basketball Camp for boys in Grades 3-12. This camp is taught by Jason Workman, Head Coach at Murray High. This is a must camp to improve your sills. All campers will receive a basketball and T-shirt.

Dates: June 21-24

Place: Murray High School

Times: 9-12 grades

9:00 am-12:00 pm

3-8 Grades

1:00 pm to 4:00 pm

Cost: \$45 Residents

\$55 Non residents

Register: Murray Parks and

Recreation office in

Murray Park

What campers can expect to learn at the camp: Defensive

Go to Moves **Shooting Techniques** Full court Fastbreak Drills How to move without the ball Camp awards will be give for:

Most Improved Best Defender Hustle

Work the Hardest **MVP**

Volleyball Camp

Do not miss this fun and exciting volleyball camp. Emphasis will be on fundamentals, teamwork, individual improvement and sportsmanship. All participants will receive a Camp T-shirt. Join us for a great week of fun volleyball. The Camp will be run by Liz McKnight who coached at Cyprus and Cottonwood High School. She also played at Snow College and Westminster College.

June 14 - June 17 (Monday through Thursday) When:

Who: Boys and Girls

> Session 1 Grades 3rd - 6th(8:00am-10:00am) Session 2Grades 7th - 10th (10:10am-12:10pm)

Where: The Park Center (202 E. Murray Park Ave.)

Cost: \$50 Resident / \$60 Non-resident

Deadline: Tuesday, June 8, 2010

ROSSE C

Murray Parks and Recreation is sponsoring a Youth Lacrosse Camp for boys and girl, grades 4-8. This is a new program to Murray. Participants will learn how to shoot, pass and catch, and other aspects of Lacrosse. This is a non-contact camp. Sticks will be provided. Participants must have a mouthguard. Instruction will be provided by Murray High Lacrosse coaches and the top college players in the State of Utah. This camp is for players who are new to the sport or have basic experience. Kids will be separated into groups according to their grade. All participants will receive a T-shirt.

June 7-10 Dates: Place: Murray Park Time: 5:00-8:00 pm

Cost: \$35 Grades: 4-6, 7-8

Deadline: Friday, June 4, 2010

Register: Murray Parks and Recreation

office in Murray Park or the Park Center

Boys Football Camp Murray High School is offering a Football camp for

boys ages 8-15. This camp will emphasize football fundamentals and teach speed and ability drills that are necessary to play the game. The camp will be taught by Dan Aragon, Head Football Coach and his staff. This is a must camp to improve your skills. Each camper will receive a T-shirt and football.

Dates: August 2-5

Place: Murray High School

Ages: 8-15

Time:

Cost: \$45 Residents \$55 Non residents

5:30-8:30 pm

Register: Murray Parks and Rec In

Murray Park







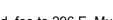


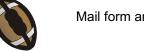
Sports Camp Registration

Camp Registrations Walk-ins



Murray Park & Recreation Office in Murray Park Park Center in Murray Park Mail





Mail form and fee to 296 E. Murray Park Avenue, Murray UT 84107 Online www.mcreg.com



Child's Name		Home phone			
Address		City		Zip	
Age Birthda	ate School			Grade (Going into)	
Mother's name		Work phone	e	Cel Phone	
Father's name		Work phone		Cel Phone	
E-mail Address					
Does your child have any phys	cical limitations? NoYes_	please expl	ain		
Sport Camps signing up: (Ple	ase Check camps attending)				
Boys Baseball Camp Lacrosse Camp Girls Basketball Car Girls Volleyball Cam Boys Basketball Can Boys Football Camp	4-6 Grades p 3-7 Grades p 3-6 Grades mp 3-8 Grades	7-8 Grades 8-12 Grades 7-10 Grades 9-12 Grades	\$55 Resident \$35 Residents \$35 Residents \$50 Residents \$45 Residents \$45 Residents	\$65 Non Residents \$45 Non Residents \$60 Non Residents \$55 Non Residents \$55 Non Residents	
T-Shirt Size: (Please Check TYouthAdult 1	SmallYouth Medium	_Youth Large	Adult Small	_Adult MediumAdult Large	
Please try and sign	up the Friday before	the camp	Starts. Thank	you!	
In consideration of the acceptal injury, or property damage which activities involve an element of	h my child may have, or which may risk or danger of accidents, and k n of risk is to be binding on my heirs	hereafter accrue a nowing those risk	as a result of participations, I hereby assume the	narge any and all claims for damages, deal n in said event. It is understood that some r se risks. It is further understood and agre d the foregoing registration, liability release	ecreational ed that this

If you sign up the day of the camp or after the camp has started, you will not get a t-shirt!

For more information call 801 264-2614 or www.murray.utah.gov



"To be the best, you have to work harder than the rest"

"If you train hard, you'll not only be hard, vou'll be hard to beat".

Herschel Walker

"Winning means you're willing to go longer, work harder, and give more than anyone else".

Vince Lombardi